

Iowa WIC Program
1-800-532-1579



Your child has you. And you have WIC.

Bureau of Nutrition and Health Promotion

Friday Facts

Week ending Issue: January 22, 2009 – Issue # 47

Policy

From the WIC Services Policy and Procedure Manual — 310.18 Support Staff Guidelines

A support staff person must have a high school diploma or the equivalent.

The following experiences or skills are desirable:

- *Computer skills, specifically word processing and/or data entry*
- *Common office equipment experience*
- *Ability to work well with a diverse population of low-income persons with possible language/cultural barriers, and*
- *Ability to work well with health professionals.*

From the WIC Services Policy and Procedure Manual — 320.50 Civil Right Training

Local WIC agencies are required to provide civil rights training as part of their orientation program for new employees and annually thereafter.

You may wish to include the resource below as part of your training.

Improving provider communication is critical to delivering effective care for individuals with limited language proficiency and those who are deaf and hard of hearing. The Joint Commission in collaboration with the U.S. Department of Health and Human Services (HHS) Office of Civil Rights recently released a video demonstrating the importance of providing culturally competent health care to meet the needs of diverse populations.

The US Census Bureau notes that 47 million people speak a language other than English and more than 28 million people have some form of hearing loss, according to the National Institute on Deafness and Other Communication Disorders. Health care organizations and providers face challenges in the use of interpreters, translated materials and in caring for an increasingly aging population with possible hearing loss needs.

The video identifies effective and alternative communication strategies and highlights the importance of relevant civil rights legislation, federal and accreditation standards pertaining to language access, in addition to the rights of patients.

Central to the concept of cultural competency is, Title VI of the Civil Rights Act of 1964, that recognizes equality of health care and services and mandates that all persons regardless of race, color or national origin will not be discriminated against. Failure to provide language access services to Limited English

Proficient persons (LEP) for federally funded programs is a form of discrimination. Likewise, similar standards apply under Section 504 of the Rehabilitation Act of 1973, which protects the rights of individuals with disabilities.

The video can be found at the following website:

http://www.jointcommission.org/PatientSafety/HLC/video_improving_pt_provider_comm.htm

Information

CVV Increase from \$8.00 to \$10.00

The state WIC office was recently provided with information from MPRO that the CVV for pregnant, partially breastfeeding and not breastfeeding women is changing. USDA has decided to increase the CVV from \$8.00 to \$10.00 for these participant categories. All states are required to make this change by April 30, 2010. Iowa has decided to make this change sooner and effective February 1, 2010 you will see the increase when creating and issuing food packages. If you have any questions or concerns please contact your state nutrition consultant.

New Pregnancy Weight Gain Recommendations

The Institute of Medicine released new recommendations about pregnancy weight gain last year. These recommendations include new definitions for prepregnancy BMI categories and recommended weight gains for each category and must be incorporated into the WIC data system. This includes revising pregnancy weight gain charts, adjusting BMI cut-off points for the weight categories, and updating the computer logic for automatic assignment of nutrition risks. This work will not be completed until October 1, 2010.

The tables on the next page compare the 2009 recommendations to those issued in 1990 and currently incorporated into the data system. Please note that there are no changes for low maternal weight gain (risk 131).

Recommended Pregnancy Weight Gain for Singletons

Weight category	1990 BMI cut-offs	1990 recommendation	2009 BMI cut-offs	2009 recommendation
Underweight	<19.8	25-40 lbs	<18.5	28-40 lb
Normal weight	19.8-26.0	25-35 lbs	18.5-24.9	25-35 lb
Overweight	26.1-28.9	15-25 lbs	25.0-29.9	15-25 lbs
Obese	>28.9	15 lbs	>=30.0	11-20 lbs

Recommended Weight Gain for Twin Pregnancies

Weight category	1990 recommendation	2009 recommendation
Underweight	35-45 lbs	Inadequate data to support a recommendation
Normal weight	35-45 lbs	37-54 lbs
Overweight	35-45 lbs	31-50 lbs
Obese	35-45 lbs	25-42 lbs

Note: These recommendations are based on the 2009 BMI categories

High Maternal Weight Gain (Risk 133)

Weight category	1990 recommendation	2009 recommendation
Underweight	>40 lbs	>40 lbs
Normal weight	>35 lbs	>35 lbs
Overweight	>25 lbs	>25 lbs
Obese	>15 lbs	>20 lbs
All categories	>= 7 lb/month	>= 7 lb/month

Note: These recommendations are based on the 2009 BMI categories

Training

Local Agency Reviewers Needed for New Online Course

The first online course produced under our WIC Special Project Grant has been released in the Prepare Iowa Learning Management System. The course is titled Hematological Data Collection, Assessment and Critical Thinking Application. It reviews screening schedules, blood collection technique, reference ranges for low and high values and factors that affect hemoglobin levels. The course is interactive with many opportunities to apply the information.

We need feedback from local agency personnel about the course! Therefore, we are asking that at least one nurse and one dietitian in each agency volunteer to complete the course and provide feedback by April 1, 2010. This feedback will likely be collected via a brief online survey. Please note that the course was recently approved for 2.0 CPEUs for dietitians and .24 nursing CEUs! To receive the CEUs, you must view all content pages in the course, score 80% or higher on the post test, and complete the evaluation. The course takes approximately 2 hours to complete.

Please send an email message to Brenda Dobson by February 5 with the names of staff that will participate in this course review.

Food Products

New Medical Food Added to IWIN

Boost Nutritional Energy Drink manufactured by Nestle Nutrition has been added to IWIN. This product comes in vanilla, strawberry and chocolate flavors and has a protein source of milk protein concentrate. Uses for Boost include failure to thrive, oncology, inadequate oral intake, lactose intolerance, reduced appetite, surgery (oral surgery), disease related anorexia, and malnutrition. Boost will be issued by the six-pack and no more than eight six-packs should be issued per check. The formula issuance for women and children document has been updated and posted to the WIC Web site reflecting this information.

Other

New Inside I-Smile Update

Please see the link below for the latest progress report from the I-Smile™ Dental Home Project. We are pleased that the program continues to show impressive results and that the care coordination model is

proving to add value to Iowa's oral health system. However, the report also shows that not all strategies are equally successful.

We look forward to strengthening the indicators of promise while reviewing new strategies to build upon the weaker indicators. Overall, we feel much has been accomplished in such a short period of time.

http://www.idph.state.ia.us/hpcdp/common/pdf/oral_health/inside_ismile_2009.pdf

Available Formula

<i>Product</i>	<i>Quantity</i>	<i>Expiration Date</i>	<i>Agency</i>	<i>Contact</i>
<i>Neocate Infant</i>	<i>5 cans - 14 oz powder</i>	<i>04/2010</i>	<i>Siouxland District Health Dept.-WIC</i>	<i>Jeannie or Sneha at 712-279-6636</i>